Smith Senior Center — JULY 2013

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	Saturday		
A.H.O.Y Summer Schedule			1		2		3		4		5 NO AHOY	6 NO AHOY	
Greensboro Spor	tsplex M, F	8:15 am	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool	Center Closed		10:00 Bocce/Horseshoes Outside	9:00 Fitness Members Class	Rm 2
Smith Senior Cent	er M, W, Th, F, S		8:30 Fitness Members Class	Rm 2	8:15 Fitness Members Class	Rm 2	8:30 Fitness Members Class	Rm 2	for		10:00 Shuffleboard/Cornhole Gym	9:30 Senior Swim	Pool
	W	5:30 pm	9:15 AHOY	Gym	9:00 S.M.A.C.	Rm 2	9:15 AHOY	Gym			10:00 Water Arthritis Class* Poo		
Lewis Center	W	9:15 am	10:00 Water Arthritis Class*	Pool	9:45 Senior Swim	Pool	10:00 Water Arthritis Class*	Pool	Independence Day		2:00 Senior Swim Pool		
Leonard Center	W, F	10:30 am	10:00 Honey Bee Helpers 10:00 Pickleball	Rm 1 Rm 2	11:00 Water Aerobics* 2:00 Senior Swim	Pool Pool	10:00 Table Tennis	Rm 2					
Lindley Center	M, Tu, Th	2:15 pm	2:00 Senior Swim	Pool	5:45 Water Fitness Class*	Pool	2:00 Ice Cream Social	Rm 1					
•			5:00 Water Aerobics*	Pool	6:30 Line Dance Class - Beg.	Gym	2:00 Senior Swim	Pool			5:00 Table Tennis Gym		
Brown Center	Tu, Th	9:15 am	5:00 T.O.P.S. Meeting	Rm 1	7:15 Kung Fu*	Rm 2	5:00 Water Aerobics*	Pool					
Peeler Center	Tu, Th	10:30 am	6:15 Beginner Zumba!	Gym	7:40 Line Dance - Adv.	Gym	5:30 AHOY Boot Camp	Gym					
7			8		9 8:15 Water Aerobics*	Pool	10		11		12	13	
			8:15 Water Aerobics*	Pool	8:15 Fitness Members Class	Rm 2	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool	9:15 AHOY Gym	9:00 Fitness Members Class	Rm 2
Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon		8:30 Fitness Members Class	Rm 2	9:00 S.M.A.C.	Rm 2	8:30 Fitness Members Class	Rm 2	8:30 Fitness Members Class	Rm 2	10:00 Bocce/Horseshoes Outside	9:15 AHOY	Gym	
		9:15 AHOY	Gym	9:45 Senior Swim	Pool	9:15 AHOY	Gym	9:15 AHOY	Gym	10:00 Shuffleboard/Cornhole Gym	9:15 Water Zumba	Pool	
		10:00 Water Arthritis Class*	Pool	11:00 Water Aerobics* 11:45 Lunch Bunch	Pool	10:00 Water Arthritis Class*	Pool	9:45 Senior Swim	Pool	10:00 Water Arthritis Class* Poo	10:15 Fitness Swim	Pool	
3 a	111 - 12 110011		10:00 Honey Bee Helpers 10:00 Pickleball	Rm 1 Rm 2	2:00 Senior Swim	K&W Pool	10:00 Table Tennis	Rm 2	11:00 Water Aerobics*	Pool	1:00 Movie "The Odd Life of		
			2:00 Senior Swim	Pool	5:45 Water Fitness Class*	Pool	2:00 Senior Swim	Pool	2:00 Senior Swim	Pool	Timothy Green" Rm 1		
			5:00 Water Aerobics*	Pool	6:30 Line Dance Class - Beg.	Gym	5:00 Water Aerobics*	Pool	5:30 Fitness Members Class	Rm 2	2:00 Swim Class - Beg.* Pool	8:00 Greensboro Social Dance	e —
			5:00 T.O.P.S. Meeting	Rm 1	7:15 Kung Fu*	Rm 2	5:30 AHOY Boot Camp	Gym	5:45 Water Fitness Class*	Pool	3:00 Swim Class - Adv.* Poo	Lewis	Center
			6:15 Beginner Zumba!	Gym	7:40 Line Dance - Adv.	Gym			7:15 Kung Fu*	Rm 2	5:00 Table Tennis Gym		
14			15		16 8:15 Water Aerobics*	Pool	17		18		19	20	
			8:15 Water Aerobics*	Pool	8:15 Fitness Members Class	Rm 2	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool	9:15 AHOY Gym	9:00 Fitness Members Class	Rm 2
			8:30 Fitness Members Class	Rm 2	9:00 S.M.A.C.	Rm 2	8:30 Fitness Members Class	Rm 2	8:30 Fitness Members Class	Rm 2	10:00 Bocce/Horseshoes Outside	9:15 AHOY	Gym
*Registration required		9:15 AHOY	Gym	9:30 Bingo	Rm 1	9:15 AHOY	Gym	9:15 AHOY	Gym	10:00 Shuffleboard/Cornhole Gym	9:15 Water Zumba	Pool	
			10:00 Water Arthritis Class*	Pool	9:45 Senior Swim 11:00 Water Aerobics*	Pool	10:00 Water Arthritis Class*	Pool	9:45 Senior Swim	Pool	10:00 Water Arthritis Class * Poo	10:15 Fitness Swim	Pool
			10:00 Honey Bee Helpers 10:00 Pickleball	Rm 1 Rm 2	2:00 Senior Swim	Pool Pool	10:00 Table Tennis	Rm 2	11:00 Water Aerobics*	Pool	2:00 Swim Class - Beg.* Pool		
			2:00 Senior Swim	Pool	5:45 Water Fitness Class*	Pool	2:00 Peach Ice Cream Day	Rm 1	2:00 Senior Swim	Pool	3:00 Swim Class - Adv.* Poo		
			5:00 Water Aerobics*	Pool	6:30 Line Dance Class - Beg.	Gym	2:00 Senior Swim	Pool	5:30 Fitness Members Class	Rm 2			
			5:00 T.O.P.S. Meeting	Rm 1	7:15 Kung Fu*	Rm 2	5:00 Water Aerobics*	Pool	5:45 Water Fitness Class*	Pool	5:00 Table Tennis Gym		
			6:15 Beginner Zumba!	Gym	7:40 Line Dance - Adv.	Gym	5:30 AHOY Boot Camp	Gym	7:15 Kung Fu*	Rm 2			
21			22 8:15 Water Aerobics*	Pool	23		24		25		26	27	
			8:30 Fitness Members Class	Rm 2	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool	9:15 AHOY Gym	9:00 Fitness Members Class	Rm 2
			9:15 AHOY	Gym	8:15 Fitness Members Class	Rm 2	8:30 Fitness Members Class		8:30 Fitness Members Class	Rm 2	10:00 Bocce/Horseshoes Outside	9:15 AHOY	Gym
			10:00 Water Arthritis Class*		9:00 S.M.A.C.	Rm 2	9:15 AHOY	Gym	9:15 AHOY	Gym	10:00 Shuffleboard/Cornhole Gym	9:15 Water Zumba	Pool
			10:00 Risk of Falls Screenings* 10:00 Pickleball	Rm 1 Rm 2	9:45 Senior Swim 11:00 Water Aerobics*	Pool Pool	10:00 Water Arthritis Class*	Pool	9:45 Senior Swim	Pool	10:00 Water Arthritis Class* Poo	10:15 Fitness Swim	Pool
				Lounge	2:00 Senior Swim	Pool	10:00 Table Tennis	Rm 2	11:00 Water Aerobics*	Pool	2:00 Swim Class - Beg.* Pool		
			2:00 Senior Swim	Pool	5:45 Water Fitness Class*	Pool	2:00 Senior Swim	Pool	2:00 Senior Swim	Pool	3:00 Swim Class - Adv.* Pool		
			5:00 Water Aerobics*	Pool	6:30 Line Dance Class - Beg.	Gym	5:00 Water Aerobics*	Pool	5:30 Fitness Members Class	Rm 2			
			5:00 T.O.P.S. Meeting	Rm 1	7:15 Kung Fu*	Rm 2	5:30 AHOY Boot Camp	Gym	5:45 Water Fitness Class*	Pool	5:00 Table Tennis Gym		
			6:15 Beginner Zumba!	Gym	7:40 Line Dance - Adv.	Gym			7:15 Kung Fu*	Rm 2			
28		29 8:15 Water Aerobics*	Pool	30		31							
			8:30 Fitness Members Class	Rm 2	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool					
			9:15 AHOY	Gym	8:15 Fitness Members Class	Rm 2	8:30 Fitness Members Class	Rm 2					
			10:00 Water Arthritis Class* 10:00 Pickleball	Pool	9:00 S.M.A.C. 9:45 Senior Swim	Rm 2	9:15 AHOY	Gym					
			10:00 Pickiebaii 10:00 Honey Bee Helpers	Rm 2 Lounge	9:45 Senior Swim 11:00 Water Aerobics*	Pool Pool	10:00 Water Arthritis Class*	Pool					
			12:00 Nat'l Lasagna Day Lunch*	Rm 1	2:00 Senior Swim	Pool	10:00 Table Tennis	Rm 2					
			2:00 Senior Swim	Pool	5:45 Water Fitness Class*	Pool	2:00 Senior Swim	Pool					
			5:00 Water Aerobics*	Pool	6:30 Line Dance Class - Beg.	Gym	5:00 Water Aerobics*	Pool					
			5:00 T.O.P.S. Meeting	Rm 1	7:15 Kung Fu*	Rm 2	5:30 AHOY Boot Camp	Gym					
			6:15 Beginner Zumba!	Gym	7:40 Line Dance - Adv.	Gym							